

# WYRec

WEST SHORE RECREATION  
COMMISSION

[www.westshorerec.org](http://www.westshorerec.org)

**REGISTRATION  
BEGINS JANUARY 4**

**NON-RESIDENT JANUARY 11**

**WINTER SPRING**

**2023**

## PLAYZONE DAY CAMP COUNSELORS

- Monday thru Friday, June 5 – August 4
- 7:00 am-5:45 pm (8-8.5 hr shift), \$12-\$14/hr
- Camper age groups 6-8 and 9-12
- Games, field trips, swimming, crafts & more
- Very beneficial for education, phys ed and recreation college majors and grads
- Send application or for more details contact Eric Stauffer at [estauffer@wsrec.org](mailto:estauffer@wsrec.org)

## SUMMER BLAST COUNSELORS

- 9:00 am-12:00 noon, Monday thru Friday, June 19 – August 4
  - Organize and lead games for children entering grades 1-6
    - Prior experience working with children required
    - \$10-\$12+ per hour depending on experience
- Send application or for more details contact Todd Miller at [tmiller@wsrec.org](mailto:tmiller@wsrec.org)

# SUMMER JOB OPPORTUNITIES

## LEMOYNE POOL STAFF

- Manager and Lifeguard positions
- 2023 Summer season: May 27 - September 4
- Red Cross certification required for lifeguards
- Manager position candidates may be considered without lifeguard certification
- Managers (\$14-20/hr); Lifeguards (\$11-13/hr)
- Send application to Todd Miller at [tmiller@wsrec.org](mailto:tmiller@wsrec.org)

## WEST SHORE NATATORIUM STAFF

- Year-round lifeguard and swim lesson instructor positions
- Red Cross certifications required for lifeguards and swim instructors
  - Lifeguards (\$10-12/hr)
  - Swim Instructors (\$12-\$20/hr)
- Send application to Todd Miller at [tmiller@wsrec.org](mailto:tmiller@wsrec.org)



West Shore Rec offers registration on the Internet for selected programs (designated throughout the brochure with a  symbol). There is a convenience fee to use this registration option.

Visit <https://apm.activecommunities.com/westshorerec>

 **Register Online** **go!**

## FIRST DAY OF REGISTRATION: JANUARY 4TH

So that everyone has a chance to receive this brochure and time to make activity selections, the first day registrations will be accepted **Wednesday, January 4th at 8:30 a.m.** for residents of participating communities in West Shore Rec.

Non-residents may register January 11th or the day before the program begins (whichever is sooner).

## PROGRAM REGISTRATION

Participants must pre-register for all programs. No one will be allowed to sign up at the program site. Contact the recreation office at 717-920-9515 if you have any questions.

**\* Sorry, we cannot accept registrations or cancellations by e-mail or fax.**

## TWO PRICES?

Residents of participating municipalities (Fairview & Lower Allen Townships, New Cumberland, Lemoyne, Goldsboro and Lewisberry Boroughs) receive a discount on programs. The first price listed is for all others. Please note some programs have an additional WSSD Facility Use Fee.

## MAKE-UP DATES

West Shore Rec makes every attempt to reschedule classes canceled due to inclement weather and other circumstances outside of its control. The make-up is usually rescheduled just after the original ending date. No refunds will be given for unattended make-up classes.

## CONTACT WEST SHORE REC

717-920-9515 [wsrec@wsrec.org](mailto:wsrec@wsrec.org) [westshorerec.org](http://westshorerec.org)

## OFFICE HOURS

Monday through Friday, 8:30 am to 4:30 pm. Closed on holidays: January 2 & 16, February 20, April 7 & 10. The Recreation Office is located inside the WSSD Administration Building (507 Fishing Creek Rd). Rec Office entrance is near the flag pole.

## ACTIVITY CANCELLATIONS

Call 717-920-9515 and press 3 to check on activity status.

**In the case of inclement weather, any activity updates will be posted on the automated phone system unless otherwise specified. We ask that you call our office to check on weather related activity cancellations by dialing 717-920-9515 and pressing the number 3 on the main menu.**

## AUTOMATED PHONE SYSTEM DIRECTORY

Here is what is available to you when you call our number 717-920-9515.

Press 1	Register or inquire about a program
Press 2	Office location information
Press 3	Activity cancellations
Press *	Staff directory

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## MISSION STATEMENT

*West Shore Recreation Commission, based on an agreement of inter-governmental cooperation, is dedicated to enriching lives by providing quality recreational and leisure-time opportunities for all residents.*

# ACTIVE WELLNESS

CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM.

## YOUTH ACTIVITIES

### KINDER TOTS

Designed especially for two year olds. Includes movement, music, fitness and fun! Blending of color, numbers and shape learning right into the class. Child must be 2 years of age prior to class. Parental assistance may be needed.

Instructor: Kinderdance.

Tuesdays, 6:15-6:45 pm

**A.** January 24 – February 28

Fishing Creek Elementary School – bldg. I cafeteria

Thursdays, 5:30-6:00 pm

**B.** January 19 – February 23

**C.** March 16 – April 20

West Shore Senior Center – 122 Geary Ave, New Cumberland

Cost: \$64; *discounted resident rate: \$49*

### KINDER GYM

Boys and girls 3-5 years will be introduced to tumbling and the pre-apparatus skills of gymnastics. Emphasis is on coordination and exercise. Child must be minimum age prior to the class. Instructor: Kinderdance.

Tuesdays

**A.** January 24 – February 28, 6:55-7:40 pm

**B.** March 21 – April 25, 7:10-7:55 pm

Fishing Creek Elementary School – bldg. I cafeteria

Thursdays, 6:10-6:55 pm

**C.** January 19 – February 23

**D.** March 16 – April 20

West Shore Senior Center – 122 Geary Ave, New Cumberland

Cost: \$91; *discounted resident rate: \$70*

### KINDERDANCE

Start your preschooler off on the right foot. The focus is on coordination, movement, and exercise to music for 3-5 year old children. This class includes an introduction to ballet, tap, and acrobatics. Ballet shoes are optional; tap shoes are recommended or dress shoes that make sound. Child must be 3 years of age prior to the first class. Parental assistance is not needed. Instructor: Kinderdance.

Tuesdays, 6:15-7:00 pm

**A.** March 21 – April 25

Fishing Creek Elementary School – bldg. I cafeteria

Thursdays, 7:05-7:50 pm

**B.** January 19 – February 23

**C.** March 16 – April 20

West Shore Senior Center – 122 Geary Ave, New Cumberland

Cost: \$91; *discounted resident rate: \$70*



### TIGER CUBS MARTIAL ARTS

Specifically designed for children 4-5 years of age. Participants will benefit from the specialized curriculum which develops both sides of the body with symmetrical movements. When learning takes place in this balanced manner, both hemispheres of the brain are encouraged to develop simultaneously. Our Cubs learn to focus their attention, increase their confidence, and improve their coordination. They also have lots of fun! Instructor: Tiger Rock Martial Arts of Central PA.

Saturdays, 9:45-10:10 am

February 18 – April 8 (no 3/11)

Tiger Rock Martial Arts – 3300 Hartzdale Dr, Camp Hill

Cost: \$70; *discounted resident rate: \$54*

### TINY TYKE OBSTACLE FUN

Each week these tiny tykes ages 3-5 will discover different obstacles while learning to climb, crawl, and slide through our course. One parent is invited to attend with their child. Instructor: Rec Center Staff.

Tuesdays, 5:30-6:15 pm

**A.** February 7 – March 7 (no 2/21)

**B.** May 2 – 23

Mondays, 5:30-6:15 pm

**C.** May 8 – June 5 (no 5/29)

West Shore Youth Recreation Center – 25 Utlely Dr.,  
Suite 500, Camp Hill

Cost: \$81; *discounted resident rate: \$62*

### NEW PARENT & ME GAME NIGHT

Spend some quality time with your child ages 4-7 playing a variety of physical and mental games including relay style and team games. You'll play a different set of games or puzzles each week that will work out your mind and body all while having fun together. Parent and child should wear sneakers. Instructor: Rec Center Staff.

Tuesdays, 5:30-6:15 pm

**A.** March 21 – April 11

Mondays, 6:30-7:15 pm

**B.** May 8 – June 5

West Shore Youth Recreation Center – 25 Utlely Dr.,  
Suite 500, Camp Hill

Cost: \$81; *discounted resident rate: \$62*

### PRESCHOOL TUMBLING

Boys and girls ages 4-6 will have fun learning basic gymnastic tumbling skills including cartwheels, round offs, walkovers and more. Exercises to increase core strength and coordination will be included in this introductory course as well. Instructor: Rec Center Staff.

Mondays, 5:30-6:15 pm

**A.** January 9-30

**B.** February 6 – March 6 (no 2/27)

**C.** March 27 – April 17

**D.** May 8 – June 5 (no 5/29)

West Shore Youth Recreation Center – 25 Utlely Dr.,  
Suite 500, Camp Hill

Cost: \$81; *discounted resident rate: \$62*

**REGISTRATION BEGINS  
JANUARY 4TH**

# ACTIVE WELLNESS

## **NEW** BEGINNER BATON TWIRLING

Learn the basic skills of baton twirling. It's a fun way for ages 5-8 to learn hand/eye coordination! Participants need to wear sneakers. You may bring your own baton or contact Coach Tina at [wsiouthreccenter@gmail.com](mailto:wsiouthreccenter@gmail.com) to arrange purchase or possibly borrow one for class.

Tuesdays, 6:30-7:15 pm, May 9-30  
West Shore Youth Recreation Center – 25 Utley Dr.,  
Suite 500, Camp Hill  
Cost: \$81; *discounted resident rate: \$62*

## NINJA OBSTACLE FUN

Come find your inner Ninja Warrior! Ninjas ages 5-7 will work to improve core strength, agility, balance and more while training on an obstacle course! Instructor: Rec Center Staff.

Tuesdays, February 7 – March 7 (no 2/21)  
**A.** 6:15-7:00 pm  
**B.** 7:00-7:45 pm  
Tuesdays, March 21 – April 11  
**C.** 6:15-7:00 pm  
**D.** 7:00-7:45 pm  
Tuesdays, May 2 - 23  
**E.** 6:15-7:00 pm  
**F.** 7:00-7:45 pm  
West Shore Youth Recreation Center – 25 Utley Dr.,  
Suite 500, Camp Hill  
Cost: \$81; *discounted resident rate: \$62*

## BEGINNER TUMBLING

Boys and girls ages 6-12 will have fun learning basic gymnastic tumbling skills including cartwheels, round offs, walkovers and more. Exercises to increase core strength and coordination will be included in this introductory course as well. Instructor: Rec Center Staff.

Mondays, 7:15-8:15 pm  
**A.** January 9-30  
Mondays, 6:15-7:15 pm  
**B.** February 6 – March 6 (no 2/27)  
**C.** March 27 – April 17  
**D.** May 8 – June 5 (no 5/29)  
West Shore Youth Recreation Center – 25 Utley Dr.,  
Suite 500, Camp Hill  
Cost: \$81; *discounted resident rate: \$62*

## JUNIOR MARTIAL ARTS

Nobody sits on the bench in this junior Taekwondo program for ages 6-11. Students will learn self-esteem, confidence, discipline, self-control, self-defense skills and much more! Our atmosphere, though challenging, is one of accomplishment through individual development. By focusing and trying hard, the students understand they can be extremely successful in martial arts and in life! Instructor: Tiger Rock Martial Arts of Central PA.



Saturdays, 11:00-11:45 am  
February 18 – April 8 (no 3/11)  
Tiger Rock Martial Arts – 3300 Hartzdale Dr, Camp Hill  
Cost: \$81; *discounted resident rate: \$62*

## YOUTH MARTIAL ARTS

Turn these sometimes awkward years into a time of positive influence and strong character! Our training surrounds early teens ages 12-15 with good influences of like-minded peers and positive reinforcement. Students learn the benefits of functional fitness including improved flexibility, coordination, strength, endurance, focus and effective self-defense skills. Video games and social networking do not hold a candle to our program! Instructor: Tiger Rock Martial Arts of Central PA.

Saturdays, 9-9:45 am  
February 18 – April 8 (no 3/11)  
Tiger Rock Martial Arts – 3300 Hartzdale Dr, Camp Hill  
Cost: \$81; *discounted resident rate: \$62*

## YOUTH EQUINE ACTIVITIES

All equine activities will be held at Total Equine Learning Center: 1206 S. Market St in Mechanicsburg, PA. More details at [www.westshorerec.org](http://www.westshorerec.org). Instructor: Joanne Hocker.

### A. Pony Rides

Children ages 3-12 can enjoy riding ponies (led rides -no instruction)! Group setting allows children the opportunity to acquaint themselves with ponies in a supervised environment.



Farm has an indoor & outdoor riding ring, so come rain or shine. Long pants suggested.  
Sunday, February 26, 1:30-3:00 pm  
Cost: \$66; *discounted resident rate: \$51*

### B. Mini Horsemanship

Enjoy pony rides and receive grooming instruction for some fun at the barn! Ages 4-12.  
Sunday, March 26, 1:30-3:00 pm  
Cost: \$69; *discounted resident rate: \$53*

### C. Youth Horsemanship

For ages 7-13 to learn the basics of horsemanship, riding technique and safety. Participate in grooming and tacking activities. Riding helmet & long pants required.  
Saturdays & Sundays, 1:30-3:00 pm  
March 18, 19, 25 (no 3/26)  
April 1, 2, 8  
Cost: \$439; *discounted resident rate: \$338*

## ACTIVITIES FOR ADULTS 18+

## ADULT MARTIAL ARTS

Are you ready to make a change to enhance your life? Our program will add an exciting new facet to your life regardless of your season in life. Improve flexibility and coordination, gain more strength and better endurance, lose weight, learn effective self-defense skills and more. No experience necessary! We will help improve your quality of life and provide consistent positive experiences in a non-intimidating atmosphere. Instructor: Tiger Rock Martial Arts of Central PA.

Saturdays, 9-9:45 am  
February 18 – April 8 (no 3/11)  
Tiger Rock Martial Arts – 3300 Hartzdale Dr, Camp Hill  
Cost: \$81; *discounted resident rate: \$62*

# ACTIVE WELLNESS

## FREE FITNESS SAMPLER

Here is your chance to sample one or more of the classes listed below in a short 15-minute mini-class format. You'll get to meet the instructor and get a feel for what the class is all about. Due to facility space, participation in each mini-class will be limited. Register in advance to reserve your spot. Enrollment will be accepted at the event only as space permits. Please bring a towel, mat, water and handheld weights. All classes held at Fairview Twp Fire Station #1 – 340 Lewisberry Rd, New Cumberland

### SUNDAY, JANUARY 8

PiYo	3:00-3:15 pm
SalsaTone	3:20-3:35 pm
Cardio Step	3:40-3:55 pm
Zumba Step w/Toning	4:00-4:15 pm
Kickboxing & Abs	4:20-4:35 pm
Booty Barre	4:40-4:55 pm
Pound	5:00-5:15 pm
Pilates	5:20-5:35 pm
Hatha Yoga	5:40-5:55 pm

## NEW MILITARY MONDAY MADNESS

Come workout with Owner of Boots To Health, Logan Spiewak (Marine Vet)! If you're looking for a great workout with a fellow veteran, come give this small group training class a try. These classes are going to be much more than working out, they are about building relationships with each other. Bring water. More info at westshorerec.org.

Boots To Health – 5023 E Trindle Rd, Mechanicsburg

Mondays, 6:00-7:00 am

A. January 16 – March 6

B. March 20 – May 8

Mondays, 5:30-6:30 pm

C. January 16 – March 6

D. March 20 – May 8

Cost: \$199; *discounted resident rate: \$156*

## BODY TONING

Body Toning is an overall workout designed to target major and minor muscle groups. This workout is a creative and fun way to work on muscular endurance and strength training. Class will consist of a quick warm up followed by concentration on arms, legs, and abs. Please bring a towel, mat, water and handheld weights. Instructor: Renae Calhoun.

West Shore Senior Center – 122 Geary Ave, New Cumberland

Tuesdays, 5:30-6:30 pm

A. January 17 – March 14

B. March 28 – May 23

Cost: \$64; *discounted resident rate: \$49*

717-920-9515

WWW.WESTSHOREREC.ORG

*\*All activities instructed by Marisa Stipe and Angela Sheaffer will move to an online streaming format if any reason comes up that the class can't be held "in-person". Marisa uses Facebook LIVE while Angela will use Zoom.*

www.westshorerec.org

## BOOTY BARRE\*

Barre encompasses adding pilates and dance movements to your workout to lift your body. This is done using a chair and a mat. Small weights are also added for muscle strength and endurance. The movements can be slow and controlled or fast and energetic. This workout will align your body and lift your muscles. Emphasis will be on your gluteal muscles. The workout will change weekly. Please bring a mat and light weights to class. Instructor: Marisa Stipe. *\*see note bottom left*

Lemoyne Borough - community room - 510 Herman Ave

### Traditional With Dance Moves:

Saturdays, 8:25-8:55 am

A. January 14 – March 18

Cost: \$57; *discounted resident rate: \$44*

B. March 25 – May 20

Cost: \$52; *discounted resident rate: \$40*

**Retro Conditioning:** Includes working in reverse direction, aiding in balance and injury prevention.

Tuesdays, 7:15-7:45 pm

C. January 17 – March 14

D. March 21 – May 23 (no 5/16)

Cost: \$52; *discounted resident rate: \$40*

## CARDIO STEP

A Bench aerobic activity with movements ranging from simple to advanced. The class will start with a warm up, followed by choreographed routines on a step incorporating multiple levels of cardio, then finishing with conditioning and toning of your core, abdominals, and upper body. Please bring a mat, water and light/medium hand held weights. Instructor: Melanie Bryant & Renae Calhoun.

Fairview Twp Fire Station #1 – 340 Lewisberry Rd,

New Cumberland

Mondays, 5:30-6:30 pm

A. January 16 – March 6

Cost: \$57; *discounted resident rate: \$44*

B. March 20 – May 22 (no 5/15)

Cost: \$64; *discounted resident rate: \$49*

## HAPPIEST HOUR YOGA\*

Class is designed for beginner through intermediate. Have a mat/towel, cover up & water bottle. Instructor: Angela Sheaffer.

**Stress Relief** – This gentle yoga class is designed to stretch and strengthen the body while creating important "me time". The emphasis of the class is to build awareness of breath and body. Gentle yoga provides a safe, non-competitive and effective welcoming environment. If you can move your body and breathe, you can do gentle yoga. *\*see note bottom left*

Lemoyne Borough - community room - 510 Herman Ave

Mondays, 7:00-8:15 pm

A. January 16 – February 6

Cost: \$44; *discounted resident rate: \$34*

B. February 20 – March 27

Cost: \$65; *discounted resident rate: \$50*

**Outdoor Scenic** – Enjoy scenic views overlooking the Susquehanna River while practicing yoga seated or walking. All postures are gentle and designed to awaken the body and increase flexibility and strength. *\*see note bottom left*

Negley Park - grass area below upper pavilion

Mondays, 6:00-7:15 pm

C. April 24 – May 22

Cost: \$55; *discounted resident rate: \$42*

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# ACTIVE WELLNESS

## HATHA FLOW YOGA & BALANCE\*

A balanced combination of sustained poses (Hatha) as well as poses flowing in a mindful progression from one to another. Attention is always given to basic alignment & therapeutic principles. Mindfulness; observing breath and body (triputi) are an integral part of class.

Classes are balanced with energy. Bring a mat. Instructor: Marisa Stipe. \*see note on page 5



Fairview Twp Fire Station #1 – 340 Lewisberry Rd,  
New Cumberland

Wednesdays, 11:00-11:45 am

**A.** January 11 – March 15

**B.** March 22 – May 24

Cost: \$64; *discounted resident rate: \$49*

Sundays, 6:45-7:30 pm

**C.** January 15 – March 12

**D.** March 19 – May 21 (no 4/9)

Cost: \$57; *discounted resident rate: \$44*

## KICKBOXING & ABS\*

Cardio Kickboxing is a combination of aerobic & boxing and is one of the most popular fitness trends in recent years. Program provides an intense, total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance. Proper punching and kicking techniques will be taught followed by fabulous abdominal routines. Start your week out right!

Bring a mat. Instructor: Marisa Stipe. \*see note on page 5

Lemoyne Borough - community room - 510 Herman Ave

Tuesdays, 5:15-6:00 pm

**A.** January 17 – March 14

**B.** March 21 – May 23 (no 5/16)

Cost: \$59; *discounted resident rate: \$45*

## MUSCLE PUMP\*

Muscle Pump contains movements working eight separate muscle groups performed to music using free weights and an aerobic step. Participants choose their weights based on the exercise and personal goals. Major muscle groups are worked via series of compound and isolation-based exercises including squats, presses, and dead lifts. The focus is towards muscle endurance using several repetitions and includes an abdominal portion with the most innovative core movements in the industry. Class incorporates elements of P90X and Insanity. Please bring challenging weights to class (light and heavier) and a mat. Instructor: Marisa Stipe. \*see note on page 5

Fairview Twp Fire Station #1 – 340 Lewisberry Rd,  
New Cumberland

### Senior Pump:

Wednesdays, 10:00-10:45 am

**A.** January 11 – March 15

**B.** March 22 – May 24

Cost: \$64; *discounted resident rate: \$49*

**Cardio Pumping & Abs:** Each class will include aerobic and anaerobic dynamic movements

Sundays, 5:45-6:30 pm

**C.** January 15 – March 12

**D.** March 19 – May 21 (no 4/9)

Cost: \$57; *discounted resident rate: \$44*

## PILATES\*

Pilates is a body conditioning system that works your core muscles including the abdominals, back and buttocks. Pilates' theory is that if your middle is strong, the rest of your body will become stronger as well. The exercises lengthen your muscles and help you develop balance, proper alignment and flexibility. *Includes mat pilates, standing pilates, circular pilates, magic circle, marble work and gyrotics.* Bring a mat. Instructor: Marisa Stipe. \*see note on page 5

**All-Levels:** Lemoyne Borough - community room - 510 Herman Ave  
Saturdays, 7:30-8:15 am

**A.** January 14 – March 18

Cost: \$69; *discounted resident rate: \$53*

**B.** March 25 – May 20

Cost: \$62; *discounted resident rate: \$48*

**All-Levels:** Fairview Twp Fire Station #1 – 340 Lewisberry Rd,  
New Cumberland

Mondays, 6:45-7:30 pm

**C.** January 16 – March 13

**D.** March 20 – May 22 (no 5/15)

Cost: \$62; *discounted resident rate: \$48*

**Int/Adv:** Lemoyne Borough - community room - 510 Herman Ave

Tuesdays, 6:15-7:00 pm

**E.** January 17 – March 14

**F.** March 21 – May 23 (no 5/16)

Cost: \$62; *discounted resident rate: \$48*

## PIYO FUN

For the intermediate participant, PiYo is a combination of Pilates and yoga-inspired moves that have little to NO impact. PiYo is set at a faster pace for serious fat burn, flexibility/strength training and most importantly - FUN! With upbeat music and dynamic movements, you'll experience hardcore results from this FUN, low-impact, high-octane workout! Bring a mat. Instructor: Andrea Toner.

Lemoyne Borough - community room - 510 Herman Ave

Wednesdays, 5:30-6:30 pm

**A.** January 11 – March 15 (no 3/8)

**B.** March 29 – May 24

Cost: \$61; *discounted resident rate: \$47*

## POUND WITH POWER AEROBICS/ ANAEROBICS\* - Revised!

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses. Includes dynamic exercise using large muscle groups, jumping and sprinting. Burn calories, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all to your favorite music! Each 2-4 minute song is carefully calibrated with interval peaks and extended fat burning sequences, providing a great workout in a short span of time. Bring a mat, but Ripstix are provided. Instructor: Marisa Stipe. \*see note on page 5

Lemoyne Borough - community room - 510 Herman Ave

Saturdays, 9:00-9:30 am

**A.** January 14 – March 18

Cost: \$57; *discounted resident rate: \$44*

**B.** March 25 – May 20

Cost: \$52; *discounted resident rate: \$40*

# ACTIVE WELLNESS

## SALSATONE

SalsaTone is a fitness program for all levels incorporating basic aerobic movements and various styles of Latin American dance. If you prefer a little extra toning, bring a set of light weights to include. Instructor: Melanie Bryant.

Fairview Twp Fire Station #1 – 340 Lewisberry Rd,  
New Cumberland

Fridays, 5:30-6:30 pm

**A.** January 13 – March 10

**B.** March 24 – May 19

Cost: \$64; *discounted resident rate: \$49*

## TABATA TRAINING & ADV ABS\*

Tabata is a high-intensity workout protocol that has fitness and weight-loss benefits. Is it like CrossFit? Is it like circuit training? It is a bit of both. Tabata training is attractive because it saves a lot of time for people. It offers the maximum benefit with the least amount of time used to get those results. Bring a mat and 1-3 lb. hand weights.

Instructor: Marisa Stipe. \*see note on page 5

Lemoyne Borough - community room - 510 Herman Ave  
Wednesdays, 6:45-7:30 pm

**A.** January 11 – March 15

**B.** March 22 – May 24

Cost: \$65; *discounted resident rate: \$50*



## TAI CHI

Tai Chi is the martial art that can be practiced by practically anyone. It promotes relaxation and better health. Through a series of slow, precise movements, we work with the body's natural form to improve strength, focus, and balance. In a fun and supportive atmosphere, beginners start with basic bare hand forms and progress through the curriculum as they advance. Summer sessions are for weapons including sword, spear, fan, and other special studies. Class size is limited to five new registrants per session, please register early. This is an ALL AGE class. For more info about MAI go to [www.TC4ALL.com](http://www.TC4ALL.com) Instructors: Andrew Baker & Chloe Pittinos, Movement Arts Institute.

Tuesdays, 7-8 pm

January 17 – May 23 (no 2/14, 3/21, 4/25)

West Shore Senior Center – 122 Geary Ave, New Cumberland

Cost: \$199; *discounted resident rate: \$156*

## ZUMBA STEP\* - Zumba Re-invented!

Step Aerobics performed in a Zumba style, choreographed routine by stepping up onto and down from a portable platform. Bring some Latin flavor to your step routine. Bring a mat and light to medium hand weights for Zumba Strong (step provided). Instructor: Marisa Stipe. \*see note on page 5

Fairview Twp Fire Station #1 – 340 Lewisberry Rd,  
New Cumberland

Mondays, 7:35-8:35 pm

**A.** January 16 – March 13

**B.** March 20 – May 22 (no 5/15)

Cost: \$64; *discounted resident rate: \$49*

## ZUMBA TONING & ABS\*

Zumba Toning incorporates weighted toning sticks to the Zumba workout that participants use almost like maracas. The toning sticks function like dumbbells to act as resistance weights. You get toned while doing cardio. Bring a mat, but toning sticks are provided. Instructor: Marisa Stipe. \*see note on page 5

Fairview Twp Fire Station #1 – 340 Lewisberry Rd,  
New Cumberland

Thursdays, 5-6 pm

**A.** January 12 – March 9

**B.** March 16 – May 18 (no 4/13)

Cost: \$64; *discounted resident rate: \$49*

## BALLROOM DANCING FUN

Come out for a fun night of dancing to your favorite tunes! Partners are preferred, but not required. Class will include a variety of fun dances.

*"Dancing is the ultimate exercise . . . cleverly disguised as fun."* Instructed by and held at Ballroom Break (100A Catherine Ct, Lewisberry).

**A.** Mondays, 6:30-7:30 pm

January 23 – February 27

**B.** Mondays, 6:30-7:30 pm

March 27 – May 1

Cost: \$127; *discounted resident rate: \$98 per person*

## BELLY DANCE

All classes held at West Shore Senior Center (122 Geary Ave, New Cumberland) with instructor: June Minaya.

**Level 1:** Belly dance is low impact, strengthens the core and improves muscle tone, cardio, flexibility & body awareness. It is very beneficial for all ages, keeping you spirited, flexible and energetic. Learn basic steps and combinations while working on a simple choreography. A different style is covered in each class session so variety of styles are experienced. Choreography and music will be included. Wear comfortable footwear (Sneakers are acceptable, but non-rubberized bottom shoes such as slippers work best. Yoga socks are acceptable. Hip scarfs will be provided.

**Level 2:** For intermediate level students with at least 1 year of belly dance class experience. Work on different styles of choreography including Folkloric, Traditional, Classical, and Fusion. Performance opportunities may exist. Music and choreography will be included.

Mondays, January 16 – February 13

**A.** Level 2: 6:15-7:15 pm

Mondays, March 13 – April 10

**B.** Level 2: 6:15-7:15 pm

Mondays, April 24 – May 22

**C.** Level 1: 6:15-7:15 pm

**D.** Level 2: 7:30-8:30 pm

Cost: \$45; *discounted resident rate: \$35*

## ADULT PONY RIDES

If you ever wanted to get on a horse, here's your chance to take a lead ride. Take a ride by a leader, enjoy light refreshments and have a wonderful day with new friends. Total Equine Learning Center: 1206 S. Market St in Mechanicsburg, PA. More details at [www.westshorerec.org](http://www.westshorerec.org). Instructor: Joanne Hocker.

Sunday, April 23, 1:30-3:00 pm

Cost: \$75; *discounted resident rate: \$58*

# ENRICHMENT

## FAMILY AND MULTI-AGE ACTIVITIES

### **NEW FAMILY NIGHT OUT – STEAM BATTLES**

Take home your family's game after you participate in the Galaxy Wizard Way Challenge! May the 4th be with you! Calling all family members! Our multi-generational STEAM Battle events are a perfect Family Night Out activity! You will work as a team on an out-of-this-world evening of engineering your game to outsmart the other forces! Registration fee includes families of 5 but more are welcome for an additional fee. Instructor: Challenge Island Staff.

Friday, May 5, 6:00-7:30 pm

Highland Elementary School – music room

Cost: \$47; *discounted resident rate: \$36 per family*



### **NEW MOM & ME MAKER'S WORKSHOP**

This Mother's Day, take off to Mythology Island with Challenge Island – because Moms are so magical! Mom and little makers will work as a STEAM Team to design and engineer the most mythical party in the world famous Parthenon! The best part is we do the setup, have all the necessary supplies, and cleanup too!!! Feel free to wear matching togas if you want and we'll be sure to snap you a photo! Instructor: Challenge Island Staff.

Saturday, May 13, 9-11 am

Fairview Twp Fire Station #1 – 340 Lewisberry Rd,  
New Cumberland

Cost: \$52; *discounted resident rate: \$40 per family*

### **DAD & ME MAKER'S WORKSHOP - STEAM WARS**

Dad and his little maker's will battle both sides of the force to engineer and design solutions to balance droids and practice aim against dark force targets at our victory party! We bring the supplies, all you have to do is get ready to spend some quality time together! Instructor: Challenge Island Staff.

Friday, June 16, 6-7:30 pm

Highland Elementary School – music room

Cost: \$44; *discounted resident rate: \$34 per family*

### **INTRO TO PHOTOGRAPHY**

Do you have a DSLR camera and aren't sure how to use it? Are you still taking photos using only the AUTOMATIC mode? If you answered yes, then this is the perfect class for you! Each class will explore a new topic followed by some hands on application of the technique. Weekly assignments will also be given to reinforce what has been learned in class. Learn the history of photography and cameras, the science behind a DSLR, about photography influences, lenses exposure triangle - aperture, shutter speed and ISO, composition techniques, and much, much more. In order to participate you need to have a DSLR or mirrorless camera. For ages 14 through adult. If you have any questions send an email to - [michaelyatsko@hotmail.com](mailto:michaelyatsko@hotmail.com). Instructor: Michael Yatsko.

Thursdays, 7:00-8:30 pm

March 23 – April 27

Fairview Twp Fire Station #1 – 340 Lewisberry Rd,  
New Cumberland

Cost: \$192; *discounted resident rate: \$148*

### **PUPPY/DOG TRAINING 101** *Co-sponsored by Harrisburg Beagle Club*

Learn how to train your dog (10 weeks and older) to respond to basic commands such as sit, down, drop, etc. Topics such as walking on a loose leash, biting, chewing, dog/human body language, games and many others will also be covered. The handler must be at least 10 years old, but the entire family is encouraged to attend the session to observe. Bring a 6 ft. nylon or leather leash, a well-fitting collar, treats or toy, water, patience and a positive attitude. Instructor: Doug Parson, Gut Hunds Dog Training.

Tuesdays, 6-7 pm

March 28 – May 2

Lower Allen Community Park – Fernlawn Pavilion

Cost: \$81; *discounted resident rate: \$62*

## YOUTH ACTIVITIES

### **CHALLENGE ISLAND ENRICHMENT (After School)**

Your Super Star students in Grades 1-5 can stay after school and participate in STEAM (Science Technology Engineering Art Math) cross-curricular challenges. This semester we are taking off to Super Star Island for an engineering adventure! You and your tribe will take a STEAMtastic journey through our Challenge Island Hall of Fame from Leonardo Davinci to PT Barnum to Venus and Serena to a galaxy of other game-changers. Instructor: Challenge Island Staff.

Wednesdays, 3:30-4:30 pm

January 11 – February 15

Washington Heights Elementary School – library

Cost: \$150; *discounted resident rate: \$115*

### **CHALLENGE ISLAND ENRICHMENT (After School)**

Get your ticket for our action-packed Amusement Park Island! Your adventure seeking students in Grades 1-5 can stay after school and participate in STEAM (Science Technology Engineering Art Math) cross-curricular challenges to engineer thrill rides galore at exciting destinations like Roller Coaster Cliff, Zipline Zone, and Spinning Waters. Amusement Park Island promises to be the hottest ticket around, so reserve your spot soon. Instructor: Challenge Island Staff.

Wednesdays, 3:30-4:30 pm

February 22 – March 29

Washington Heights Elementary School – library

Cost: \$150; *discounted resident rate: \$115*

### **CHALLENGE ISLAND KID'S NIGHT OUT**

Better than a sitter! Parents – plan a special night out while your kids ages 5-15 get some S.T.E.A.M out. It's sure to be a fun night for kids and parents. Each date includes a different theme along with pizza, a bottled water, and all supplies in this fun, screen-free activity. More information on each theme night is included in the online ActiveNet activity description. Instructor: Challenge Island Staff.

Fridays, 5:00-8:00 pm

**A.** January 20 – Snowy Slime Night

**B.** February 10 – Cupid's Challenge

**C.** March 10 – STEAMPatrick's Day

**D.** April 21 – Super Heros Unite

**E.** May 12 – Extreme STEAM Sports Night

Highland Elementary School – music room

Cost: \$73; *discounted resident rate: \$56*

# ENRICHMENT

## **NEW CHALLENGE ISLAND WINTER BREAK FUN**

### **Time Machine Island**

This workshop's challenges will take place on the action-packed Time Machine Island! You and your STEAM Team in grades 1-5 will build a time machine to take you to historical destinations like Gold Rush Mountain and Pyramid Peak. This incredible island is sure to be a hit so sign up before your spot is history.

Monday, February 20, 8:30-11:30 am  
Fairview Twp Fire Station #1 – 340 Lewisberry Rd,  
New Cumberland  
Cost: \$70; *discounted resident rate: \$54*

### **Galaxy Space Travel**

Get ready for some out of this world excitement! You and your STEAM Team of friends will take on a galaxy-full of movie inspired challenges including defying gravity and competing in a space race. The force is sure to be with you at this not to be missed interstellar STEAM Wars adventure.

Friday, March 17, 9:00 am-12:00 pm  
Highland Elementary – music room  
Cost: \$70; *discounted resident rate: \$54*

## **SNAPOLOGY STEAM CLUBS (After School)**

In Snapology's STEAM Club, students in grades K-5 will actively explore and experiment with the principles of science, technology, engineering, art, and mathematics from various programs! All programs and activities are hands-on with guided instruction from an experienced Snapologist. Our programs utilize teamwork, communication, and creative problem-solving as an essential part of creating a fun and productive atmosphere where students can learn, challenge themselves, and practice their social skills. Using LEGO, your learner will work with a partner to create a variety of structures, robots, machines, and more to solve challenges presented to them in this exciting enrichment club. **No lessons will be repeated from the last two years, so your little learner will have new content they've not yet encountered in after-school STEAM club! Activity difficulty will be scaled to be appropriate for each student's grade level.**

STEAM Club Themes will be: Creativity & Art (A, D, G, J), Science & Experiments (C, E, H, K), Robotics & Coding (B, F, I, L). **Registration deadline is the Wednesday before the program begins.**

**Washington Heights Elementary School – library**  
Mondays, 3:30-5:00 pm

**A.** January 23 – February 27 (no 2/20)

**B.** April 24 – May 22

Cost: \$143; *discounted resident rate: \$110*

**Rossmoyne Elementary School – art room**  
Mondays, 3:30-5:00 pm

**C.** March 13 – April 17 (no 4/10)

Cost: \$143; *discounted resident rate: \$110*

**Highland Elementary School – music room**  
Tuesdays, 3:30-5:00 pm

**D.** January 24 – February 28

Cost: \$172; *discounted resident rate: \$132*

**E.** March 14 – April 11

**F.** April 25 – May 23

Cost: \$143; *discounted resident rate: \$110*

**Fishing Creek Elementary School - library**  
Wednesdays, 3:30-5:00 pm

**G.** January 25 – March 1

**H.** March 15 – April 19

Cost: \$172; *discounted resident rate: \$132*

**I.** April 26 – May 24

Cost: \$143; *discounted resident rate: \$110*

**Hillside Elementary School – library**  
Thursdays, 3:30-5:00 pm

**J.** January 26 – March 2

**K.** March 16 – April 20

Cost: \$172; *discounted resident rate: \$132*

**L.** April 27 – May 25 (no 5/18)

Cost: \$114; *discounted resident rate: \$88*

## **DO YOU HAVE A NEW ACTIVITY IDEA?**

If you have an idea for a new program you would like to see offered or would like to teach, call West Shore Rec at 920-9515.

Instructors interested in teaching will receive a course description form.



## **Family Helping Families**

Every family has their traditions. Time honored ways of remembering those they have lost.

Helping families honor the lives of their loved ones is our family tradition of caring.



  
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## **SNAPOLOGY SCHOLARSHIPS**

Some scholarship opportunities available.  
Visit [bit.ly/snapologyscholarships](http://bit.ly/snapologyscholarships)  
for more information and to apply.



# ENRICHMENT

## SNAPOLOGY SCHOOL HOLIDAY WORKSHOPS

Choose morning or afternoon, or your child can stay and play all day! Have your child ages 5-12 bring a lunch and we'll provide the activities. *For working parents, if needed, drop off your child as early as 8:00 am and pick up no later than 5:00 pm.*

**Archeology Workshop** - Snapology takes on Archaeology in this fun-packed, deep-dig into the world of artifacts, science, and exploration! Your future archeologist will practice techniques used to uncover artifacts, explore the history of ancient ruins, and examine LEGO® sites of their own! Students will learn how the scientific method relates to the field of archaeology, how scientists choose specific sites to excavate, and the history behind some of the worlds' most famous archaeological discoveries!

**A. Monday, February 20, 9:00 am – 12:00 pm**  
Lemoyne Borough - community room - 510 Herman Ave  
Cost: \$51; *discounted resident rate: \$39*

**Exploring Arendelle (inspired by Frozen ©)** - Do you want to build a snowman with Elsa and Anna?! Design your own Ice Castle, create your own snowman like Olaf. Love is an open door is only a snowflake away! Have a blast as you create your own kingdom of Arendelle using LEGO® bricks. For the first time in forever you will be building with LEGO® bricks and all in the idyllic Scandinavian world of Frozen!

**B. Monday, February 20, 1:00 – 4:00 pm**  
Lemoyne Borough - community room - 510 Herman Ave  
Cost: \$51; *discounted resident rate: \$39*

**St. Patrick's Day Party** - It's Snapology's St. Patrick's Day Party! Kids will take part in LEGO® building projects like making leprechaun traps, rainbows and clovers and all things St. Patty's Day. Come dressed in your lucky greens and have fun with friends!

**C. March 17, 9:00 am – 12:00 pm**  
Lemoyne Borough - community room - 510 Herman Ave  
Cost: \$51; *discounted resident rate: \$39*

**Grumpy Birds (inspired by Angry Birds™)** - Explore the world of the Angry Birds™ with Snapology. Fans of the popular game will love this class as they have fun creating their own characters and scenes from the game. They will also explore the physics behind the game as they learn about forces, slingshots, and catapults in the crazy world of Angry Birds™

**D. March 17, 1:00 – 4:00 pm**  
Lemoyne Borough - community room - 510 Herman Ave  
Cost: \$51; *discounted resident rate: \$39*

## **NEW** SNAPOLOGY EASTER WORKSHOP

Snapology will be celebrating Easter with this special "Eggstravaganza" where ages 5-12 will design their own Easter chick with Easter egg. Students will also design their own egg transport system and 3D Easter Bunnies with special features!

**Friday, March 31, 5:30-8:30 pm**  
Washington Heights Elementary – music room  
Cost: \$51; *discounted resident rate: \$39*

## **NEW** SNAPOLOGY PARENT & CHILD WORKSHOP

Hey kids ages 5-12! Bring the special lady in your life and join Snapology for a fun day of creating memories together! Together, each child will work with his or her mom, grandma, aunt, etc., to build a LEGO® creation to take home! There will also be games and challenges that further deepen your bond!

**Friday, May 5, 6-8 pm**  
Washington Heights Elementary – music room  
Cost: \$39; *discounted resident rate: \$30*

## BABYSITTING CERTIFICATION

Girls and boys ages 11-15 can become certified through this American Red Cross program, which provides the knowledge and skills necessary to safely and responsibly give care for children and infants. This class will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. Sitters each receive an informative handbook and CD for reference and a certification card. Bring a packed lunch and a baby doll if you have one. Instructor: Cathy Wagaman.

**Saturday, 9:00 am – 3:00 pm**

**A. March 18**

**B. April 29**

Fairview Twp Fire Station #1 – 340 Lewisberry Rd,  
New Cumberland

Cost: \$96; *discounted resident rate: \$74*

## YOUTH ART FUN

Join local artist and instructor Allison Juliana for one of our fun and creative classes this fall! All supplies are included.

**Ages 4-6:**

**Wednesdays, 5:15-6:00 pm**

**A. January 18 – February 15**

Rossmoyne Elementary School –  
art room

**B. March 1 – 29**

Fairview Elementary School – art room

**C. April 12 – May 10**

Hillside Elementary School – art room

Cost: \$61; *discounted resident rate: \$47*

**Grades 3-5:**

**Wednesdays, 3:30-4:45 pm**

**D. January 18 – February 15**

Rossmoyne Elementary School – art room

**E. March 1 - 29**

Fairview Elementary School – art room

**F. April 12 – May 10**

Hillside Elementary School – art room

**Thursdays, 3:30-4:45 pm**

**G. March 2 - 30**

Fishing Creek Elementary School – art room

Cost: \$104; *discounted resident rate: \$80*

**Grades 6-8:**

**Tuesdays, 2:45-4:00 pm**

**H. January 17 – February 14**

Crossroads Middle School – art room

**I. February 28-March 28 (start time at NCMS is 3:00 pm)**

New Cumberland Middle School – art room

**J. April 11 – May 9**

Allen Middle School – art room

Cost: \$104; *discounted resident rate: \$80*



**REGISTRATION BEGINS  
JANUARY 4TH**

# ENRICHMENT

## ACTIVITIES FOR ADULTS 18+

### PAINTING WORKSHOPS

Join local artist, June Minaya for painting fun! No painting experience necessary and all supplies are included. All classes will be held at the West Shore Senior Center (122 Geary Ave, New Cumberland).

**Acrylic** – Students will learn to use acrylic paint to create deep shadows and bold highlights in their paintings, as well as paint brush usage and techniques to create desired effect. Each painting will begin with a light charcoal sketch. We will be working on 11' x 14" stretched canvas (or canvas board, if you wish to frame your painting). Please bring a reference picture to paint from (calendar picture, brochure, printed picture, or digital image from an electronic device).

**A.** Fridays, January 13 - 27, 3:30-5:00 pm

**B.** Wednesdays, April 5 - 19, 6:30-8:00 pm

**C.** Fridays, May 5 - 19, 3:30-5:00 pm

Cost: \$81; *discounted resident rate: \$62*

**Cupid's Wine Glasses** – Create your own pair of holiday themed wine glasses just in time for Valentine's Day.

**D.** Wednesday, February 8, 6:00-8:00 pm

Cost: \$46; *discounted resident rate: \$35*

**Tree of Life** - Students will learn how to create a beautiful tree of life painting. Using the acrylic medium, they will create a colorful background of their choice.

**E.** Wednesday, March 22, 6:00-8:00 pm

Cost: \$46; *discounted resident rate: \$35*

### MEDICARE 101 EDUCATIONAL SEMINAR

*Co-sponsored by Parthemore Funeral Home*

Whether you are new to Medicare, or have been on Medicare for years, understanding Medicare can be overwhelming! If you're seeking information for yourself or helping a family member navigate Medicare's complexities, we are here to help. Instructor: Liz Heath, Heath Insurance Solutions, LLC.

**A.** Wednesday, February 22, 3:00-5:00 pm

**B.** Wednesday, March 15, 6:00-8:00 pm

West Shore Senior Center – 122 Geary Ave,  
New Cumberland

Cost: FREE (pre-registration is required and also limited)

### ADULT CPR/AED RED CROSS CERTIFICATION

Ages 14 and older are invited to get CPR certified – and be prepared to help provide assistance when someone is faced with a cardiac or breathing emergency. You will learn to recognize and care for breathing and cardiac emergencies involving adults. Upon successful completion you will receive a digital certificate for Adult CPR/AED valid for two years. Please note: this certification does not satisfy qualifications needed for those in the healthcare profession. Instructor: Kathy Wulfers.

Tuesday, April 11, 6:00-9:00 pm

West Shore Rec Office – inside WSSD Admin Bldg.

Cost: \$82; *discounted resident rate: \$63*

# CAMPS

### PLAYZONE SUMMER DAY CAMP

PlayZone should run June 5 – Aug. 4. Registration will begin mid to late March. If enrolled in PlayZone during the past three summers, you'll automatically receive the registration info e-mail. Otherwise, please sign up to receive the 2023 info via e-mail by giving us a call or going online to sign up for the "PlayZone Interest List 2023". Visit our website to view additional PlayZone info and past info from 2022 on the Camps page. Staffing levels & enrollment will determine the structure. Plan is for two zones: **Primary Zone** for ages K-8 (completed kindergarten) and **Secondary Zone** for ages 9-12. PlayZone is held at Fishing Creek Elementary.

### SUMMER BLAST

Children **entering** grades 1-6 (who have completed kindergarten) are invited to enjoy fun games, activities and crafts in an outdoor setting. Play typical playground games such as kickball, wiffleball, nok-hockey, and capture the flag. Other fun activities related to the weekly theme will be planned. Sign up on a weekly basis or for the entire seven week program at a discount. **Registration will be available in the summer brochure.**

Monday thru Friday, 9 am-12 noon

June 19 – August 4

Roof Park – Fairview Township

### SUMMER JOBS

See page 2 for Summer Job Opportunities.



## SUMMER CAMPS SPOTLIGHT!

- We will be opening up registration early for a selected number of our summer camps
- Some of the camps will include offerings by Snapology, Challenge Island and others
- Details will be sent out in early to mid-February thru elementary school flyers, email and our website

# AQUATICS

ALL AQUATIC PROGRAMS ARE HELD AT THE WEST SHORE NATATORIUM LOCATED INSIDE RED LAND HIGH SCHOOL.

## FAMILY AND MULTI-AGE ACTIVITIES

### REC SWIM

Pay at the door or save 23% by purchasing a Rec Swim Punch Card. A Punch Card never expires and can be used for the whole family.

**Winter/Spring Rec Swim:** Sundays, 2-5 pm, February 5 – May 14\*

**Lap Swim Only:** Mon & Wed, 7-8 pm, February 27-May 17

#### Admission Options:

**A. Pay As You Go:** Weekend - \$5; Weeknight - \$2

**B. Punch Card:** \$26; *discounted resident rate: \$20*

\*Please note - No Rec Swim on March 12 and April 9. Other dates are subject to change for staffing, maintenance, weather, etc. If Rec Swim is cancelled, a notification message will be recorded on our phone system up to 1 hour prior. Call 717-920-9515 and press 3.

### WHEEL SWIM

Enjoy special one-on-one time with your child! Our instructor, Sarah Myers, will help you and your child feel comfortable and safe in the water while practicing movements to prepare him or her for swimming strokes. One parent/guardian in the water is necessary. Swim diapers are **required**.

Sundays, March 5 – April 16 (no 4/9)

**A. 6-18 mths:** 5:00-5:30 pm **D. Age 3-4:** 6:30-7:00 pm

**B. Age 1:** 5:30-6:00 pm **E. Age 3-4:** 7:00-7:30 pm

**C. Age 2:** 6:00-6:30 pm

Cost: \$69; *discounted resident rate: \$53*

## YOUTH ACTIVITIES

### WATER OTTERS

Children age 4 will explore their water readiness prior to enrolling in Level 1 at age 5. Must have some water experience and able to engage in a small group without parental assistance.

Tuesdays & Thursdays, 6:00-6:35 pm

**A. March 2 – 28** **B. April 4 – 27** **C. May 2 – 25**

Cost: \$72; *discounted resident rate: \$55*

### YOUTH SWIM LESSONS

Youth 5-15 years are encouraged to learn water safety and enhance their swim skills, progressing from level 1 through 6 in the American Red Cross water safety program. **You may enroll in one section only until March 29 and you must pass the current level before enrolling in the next.**

**Tue & Thur, March 2 - 28** **Tue & Thur, May 2 - 25**

**A. Level 1** 6:00-6:35 pm **G. Level 1** 6:00-6:35 pm

**B. Level 1 or 2** 6:40-7:15 pm **H. Level 1 or 2** 6:40-7:15 pm

**C. Level 2 or 3** 7:20-7:55 pm **I. Level 2 or 3** 7:20-7:55 pm

**Tue & Thur, April 4 – 27**

**D. Level 1** 6:00-6:35 pm

**E. Level 1 or 2** 6:40-7:15 pm

**F. Level 4, 5 or 6** 7:20-7:55 pm

Cost: \$72; *discounted resident rate: \$55*

## ACTIVITIES FOR ADULTS 16+

### ADULT SWIM LESSONS

Join our water safety instructor in this small group setting where you will learn to become comfortable in the water. Students ready for the next level will start floating techniques and basic strokes.

**A. Thursdays, 8:00-8:45 pm** **B. Tuesdays, 8:00-8:45 pm**

March 2 – April 13 (no 3/30) March 7 – April 11

Cost: \$123; *discounted resident rate: \$95*

### WATER SAFETY INSTRUCTOR CERTIFICATION

If you are at least 16 years old and a proficient swimmer, you can become an American Red Cross Water Safety Instructor. Candidates must be able to swim strokes at a Red Cross level 4 competency. Additional information at <http://wsrec.org/aquatics>.

Saturdays, 9 am-4 pm; Sundays, 9 am-2 pm

March 18, 19, 25, 26

Cost: \$325; *discounted resident rate: \$250*

### LIFEGUARD CERTIFICATION

Become an American Red Cross certified pool lifeguard. You must be at least 15 years old, be able to swim 300 yards continuously demonstrating breath control and rhythmic breathing, and tread water for 2 minutes using only the legs. You must also complete a timed event within 1 minute, 40 seconds. This mandatory pre-requisite testing starts immediately upon arrival the first day. **Anyone who fails the swim test will receive a refund minus a \$50 administrative fee.** Classroom work will need to be completed on-line before the first day of class at the pool. Participants will receive a CPR mask and whistle. Instructor: Kathy Wulfers.

Saturdays, 9 am- 4 pm; Sundays, 9 am-2 pm

April 29, 30, May 6, 7

Cost: \$337; *discounted resident rate: \$259*

### LIFEGUARD REVIEW

Only individuals with a Lifeguarding certificate that is 30 days or less beyond the expiration date may participate in a review course so make sure you recertify now. The mandatory pre-requisite swim test starts upon arrival the first day of class. **Anyone who fails the swim test will receive a refund minus a \$50 administrative fee.**

Saturday, 9 am-4 pm; Sunday, 9 am-2 pm; April 1 & 2

Cost: \$154; *discounted resident rate: \$119*

### AQUAFIT

Get the best of both worlds in this liquid environment. Start in the deep and end in the shallow. Get a full body workout with intervals, circuit training (stations), core strengthening and everything in between. You must be comfortable in the deep water and wear a flotation belt. Instructor: Nancy Fink.

Sundays, 1-2 pm; January 8 – May 21 (no 3/12, 4/9)

Cost: \$120; *discounted resident rate: \$92*

### AQUACISE

Try this shallow water exercise experience as you test your core strength, build your cardio fitness and improve your muscle tone. Great for the beginner and those who enjoy a challenge. We use resistance equipment for this multi-level class and you don't have to know how to swim. Instructor: Nancy Fink.

Mondays & Wednesdays, 7-8 pm

**A. February 27 – March 29**

Cost: \$66; *discounted resident rate: \$51*

**B. April 3 – May 17**

Cost: \$92; *discounted resident rate: \$71*

### HYDRO HIKE

Toning, flexibility, strength building, cardio challenging....all done in the deep water while wearing a flotation belt. Challenge your body to a new fitness level and you'll notice a difference in just a few weeks! All participants must be comfortable in the deep water. Join instructor Nancy Fink for this multi-level class.

Mondays & Wednesdays, 8:00-9:00 pm

**A. February 27 – March 29**

Cost: \$66; *discounted resident rate: \$51*

**B. April 3 – May 17**

Cost: \$92; *discounted resident rate: \$71*

# SPORTS

## YOUTH ACTIVITIES

### SOCCER SHOTS

The Soccer Shots Winter League is designed specifically for K-2nd graders (ages 5-8) who are looking for an age-appropriate introduction to league-style play! Our Winter League includes 10 minutes of instruction and warm-up followed by a 40-minute guided soccer game. Games are coached and officiated by our coaching staff. Register at <https://harrisburgyork.soccershots.com>

**Indoor Winter League (Ages 5-8/K-2<sup>nd</sup>):**  
Wednesdays, January 11 – March 1  
Highland Elem. School – gymnasium

**Soccer Shots®**

Soccer Shots spring clinics are high-energy and utilize curriculum that focuses on basic soccer skills like dribbling, passing, and shooting for the younger groups (age 2-4). Older participants (age 5-8) will experience training that focuses on tactical skill development and competitive team play.

**Outdoor Spring Clinics (Ages 2-8):**  
Tuesdays, March 28 – May 16  
Highland Elem. School – grass area near playground

### SPRING YOUTH TENNIS

Get in the game! Come out and learn basic tennis skills and have fun playing tennis related games. Bring a racquet and water. All lessons instructed by Central Penn Tennis Instructors. *Instructor will contact you directly via telephone in the event of weather related cancellations.*

Roof Park, Fairview Township  
Saturdays, April 1 - 22

**A. Ages 5-7:** 9:15-10:00 am  
Cost: \$32; *discounted resident rate: \$25*  
**B. Ages 8-12 (Beg):** 10:00-11:00 am  
**C. Ages 9-16 (Adv. Beg):** 11:00 am-12:00 pm  
Cost: \$41; *discounted resident rate: \$32*

Red Land High School  
Sundays, April 2 – 30 (no 4/9)

**D. Ages 5-7:** 1:15-2:00 pm  
Cost: \$32; *discounted resident rate: \$25*  
**E. Ages 8-12 (Beg):** 2:00-3:00 pm  
**F. Ages 9-16 (Adv. Beg):** 3:00-4:00 pm  
Cost: \$41; *discounted resident rate: \$32*

### FLAG FOOTBALL with i9 SPORTS

You will find that i9 Sports is an exciting alternative to other leagues such as: unsurpassed organization and communication, emphasis on fun that places the kids' needs first, focus on basic skills, sportsmanship, team play and fairness. In addition, practices and games are on the same day and there is balanced playing time for every player, every game.

**League Format:** Play is either 4 on 4 or 5 on 5, with no intentional contact allowed. Teams are organized into divisions based on the age (4-14) of the child. Teams will consist of 5-10 players each. Each team will have 30 minutes - 1 hour slotted for practice, followed by a 30-60 minute game depending on the age division. Total time at field will be between 1 to 2 hours max.

Register at: <https://www.i9sports.com/>  
Saturdays, April 8 – May 20  
Location: To Be Determined

**good  
for you.**  
PENNSYLVANIA PARKS & RECREATION

## ACTIVITIES FOR ADULTS 18+

### ADULT GOLF LESSONS

Whether you're a beginner or intermediate, there is always a lot to learn with the game of golf. Receive professional instruction on putting, chipping and the full-swing. No clubs...no problem! VGGC has some you can borrow for use during the lessons. Indicate appropriately during registration, right or left handed. Instructor: Greg King, VGGC Head Golf Pro.

Wednesdays, 6-7 pm  
May 3 - 31

Valley Green Golf Course - 1227 Valley Green Rd, Etters, PA  
Cost: \$123; *discounted resident rate: \$95*

### HIGH SCHOOL & ADULT TENNIS

Dust off your racquet and get moving! Beginner players can learn and develop the strokes, strategies, and rules of this fun lifetime sport. Ages 15 & up. Bring a racquet and water. Instructor: Central Penn Tennis. *Instructor will contact you directly via telephone in the event of weather related cancellations.*

Sundays, 12:00-1:00 pm

April 2 – 30 (no 4/9)

Red Land High School

Cost: \$41; *discounted resident rate: \$32*

### PICKLEBALL

It is spreading like wildfire across the country, so get in on the fun! Pickleball combines elements of tennis, badminton and ping pong into a paddle sport that is easy to learn and appropriate for all skill levels. Simple rules and minimal equipment (paddle and plastic ball) will get you playing quickly. Ages 15 & up. Bring a paddle and water. Instructor: Tony Cooper. *Instructor will contact you directly via telephone in the event of weather related cancellations.*

**A. Saturdays, April 1 - 22, 8-9 am**

Roof Park – tennis/pickleball courts

**B. Wednesdays, May 3 - 24, 9-10 am**

Roof Park – tennis/pickleball courts

**C. Wednesdays, May 3 - 24, 6:30-7:30 pm**

Negley Park – tennis/pickleball courts

Cost: \$40; *discounted resident rate: \$31*

### MEN'S BASKETBALL

Enjoy evenings of informal competition for fun and exercise. Teams formed on a weekly basis.

**New Cumberland Middle School**

Wednesdays, 7:30-9:30 pm (12 weeks)

**A. January 11 – March 29**

Cost: \$66; *discounted resident rate: \$51*

Plus WSSD facility use fee: \$33/person

**B. April 12 – May 10 (5 weeks)**

Cost: \$29; *discounted resident rate: \$22*

Plus WSSD facility use fee: \$16/person

**CANCELLED ACTIVITIES?** Too often quality activities and trips are cancelled because too many people wait until the last minute to register. Almost every activity has a minimum number of enrollees needed to cover the expenses or to make it enjoyable (think team sports). If you see an activity you like, don't hesitate to sign up to recreate!

# TRIPS

## PHILADELPHIA FLOWER SHOW – *Back Indoors!*

Prepare to experience your first taste of Spring in 2023 as the Philly Flower Show returns indoors to the Philadelphia Convention Center. Celebrate that spark of joy that comes while giving and receiving flowers, this is the moment captured by "The Garden Electric". This year's theme brings the electrifying presence of today's most dynamic designers of floral arrangements, lush gardens and landscapes.

Sunday, March 5

Sportsman's Warehouse – depart 8:30 am, return 9:30 pm

Cost: \$122

## CHERRY BLOSSOM CRUISE

Upon arrival in Washington, DC, board the Odyssey to observe the stunning pale pink and white cherry blossoms that symbolize the arrival of spring and welcome visitors to our nation's capital. Glide gently on the waters of the Potomac as you witness exclusive views of the nation's greatest monuments aboard the Odyssey. Relax and enjoy a tantalizing meal coupled with entertainment while you travel beneath the bridges that span the Potomac. Following your cruise, you will board the motorcoach and take to the streets of our nation's capital for a narrated monument tour with your Licensed Washington, DC guide.

Tuesday, April 4

Sportsman's Warehouse – depart 6:30 am, return 9:00 pm

Four Points Sheraton - depart 7:45 am, return 7:45 pm

Cost: \$196

## NEW YORK CITY ON YOUR OWN

There is so much to see and do in New York City, the biggest decision you will have is where to start! New York offers a wide variety of world-class sightseeing, dining and shopping opportunities for you to experience and explore.

A. Saturday, April 8

B. Wednesday, December 13

C. Saturday, December 16

Sportsman's Warehouse –depart 7:00 am, return 10:15 pm

Cost: \$96

## BLUE ANGELS AIR SHOW - Annapolis

There is no better way to see these elite Navy pilots perform than on the water. Feel the rush as the planes fly right over head. Two-Hour Boat Cruise While Viewing the Blue Angels Air Show, Free Time in Annapolis Harbor and Transportation.

Wednesday, May 24

Bus #1: Four Points Sheraton - depart 9:00 am, return 8:00 pm

Bus #2: Sportsman's Warehouse - depart 7:30 am, return 8:15 pm

Cost: \$166

## NEW FOOD & WINE OF NIAGARA FALLS

Journey to Niagara Falls, NY for a delightful stay near the falls with some wine and dining along the way. Includes Herschell Carousel Factory Museum, Maid of the Mist, chef demo and dinner at Niagara Culinary Institute, Platters Chocolate, local winery tour/tasting and free time to explore Niagara Falls USA. No passport required.

Monday – Thursday, May 1 - 4

Sportsman's Warehouse & Four Points Sheraton departures

Cost: \$1,043 single; \$876 double; \$825 triple; \$799 quad

## NEW MOUNTAINS, MUSIC & MAYBERRY

Take a trip down memory lane as you visit Andy Griffith's hometown Mayberry and also tour the Andy Griffith Museum. Explore the Blue Ridge Music Center located on the scenic Blue Ridge Parkway and enjoy an Old Time Music and Bluegrass Jam Session (weather permitting). Relax and enjoy a narrated horse-drawn carriage ride through historic downtown Lexington, VA.

Wednesday – Friday, May 17-19

Sportsman's Warehouse & Four Points Sheraton departures

Cost: \$777 single; \$631 double; \$599 triple; \$569 quad

Please visit our website ([westshorerec.org](http://westshorerec.org)) for additional details on any of the trips listed above. Also check out our other 2023 tours such as: Crazy About West Virginia, Statue of Liberty & Ellis Island, Island Life in New Hampshire, Adventures in the Adirondacks, Stourbridge Train Ride, Eastern State Penitentiary & Ghost Tour, Scenic Trains of West Virginia, Christmas at Old Sturbridge Village, and Longwood Gardens Christmas Tour. Check our website for details as they become available.

## TRIP INFORMATION

- ◆ Additional trip details are available on our website ([westshorerec.org](http://westshorerec.org)).
- ◆ West Shore Recreation Commission continues its partnership with Wolf's Bus Lines to offer more trip destinations without needing to fill an entire bus. Our group will be combined with other passengers from several other pick up locations. **Pick up and drop off will be at the Sportsman's Warehouse parking lot (Capital City Mall, 3500 Capital City Mall Drive, Camp Hill, PA) and/or the Four Points Sheraton (1650 Toronita St, York, PA).** Additional alternate pre-determined pick-up/drop off locations may be available, so please inquire by calling the Rec Office 717-920-9515. All tours will be escorted by staff from Wolf's Bus Lines.
- ◆ West Shore Rec Commission uses modern Wolf's motor coaches equipped with restrooms and air conditioning. In consideration of others, smoking and alcoholic beverages are not permitted. The gratuity for the bus driver/escort is not included in the price listed. Please note the right front seats are reserved for the trip escort.
- ◆ Help us out! Please register early for bus trips! We must reach a minimum of participants at least 30 days prior to departure. Should we have to cancel, you will receive a full refund.
- ◆ Price is per person. Payment in full is required for all single-day trips. All multi-day trips require a \$50 deposit per person with the remaining balance due 45 days prior to the trip departure date. Without payment in full by due date, deposits will be forfeited and reservation cancelled.
- ◆ If you must cancel from a single-day or multi-day trip, notify West Shore Rec at least 45 days before a trip to receive a refund (unless stated otherwise). After that, refunds will only be available if a replacement can be found. All trip refunds are subject to a \$10 per person administrative fee.
- ◆ If you are interested in trip insurance, please let us know and we will put you in contact with a Wolf's representative.

## PLEASE REGISTER EARLY!

Residents of participating municipalities may register January 4th  
Members of non-participating communities may sign up beginning  
January 11. If a class does not have a sufficient number of participants  
registered one day prior to the beginning of the class, it will be cancelled,  
unless stated otherwise.

## EASY WAYS TO REGISTER

### ONLINE

[www.westshorerec.org](http://www.westshorerec.org) or  
<http://apm.activecommunities.com/westshorerec>

### WALK IN

Office Hours: Monday – Friday, 8:30 am – 4:30 pm

### DROP BOX

WSSD ACE Building – front right pillar

### PHONE

717-920-9515 with MasterCard, Visa, Discover  
or AmEx

### MAIL IN

West Shore Recreation, P.O. Box 413, Lewisberry, PA  
17339

## TO MAIL IN OR DROP OFF

### 1. Complete The Registration Form

Be sure all information is correct and all telephone numbers are included  
in the event we need to contact you about the activity. Include additional  
persons for the same activity from the same household on one form.

### 2. Enclose Payment

A personal check may be used for the activity and made payable to West  
Shore Recreation. If using a credit card, provide the number, CSV code  
(on back of card), expiration date and a signature. Cash is accepted at the  
office.

### 3. Mail In or Drop Off

Use the mailing address above. Service for after hours: A drop box is  
located outside the front entrance of the WSSD ACE building, behind the  
right pillar.

## CONFIRMATIONS

Once you sign up it is your responsibility to attend the activity. No  
confirmations will be sent unless you wish to provide a self-addressed,  
stamped envelope or an e-mail address.

## PROGRAM INFORMATION

- All program dates are subject to change.
- Age – A participant must be the proper age by the start or by the end of the  
program. All age requirements are set to benefit the participant and make  
instruction more consistent for the program leader. In some instances, the  
requirements have been set for the participant's safety.
- Participants must provide their own medical insurance.
- The discounted price listed in the brochure is for residents of participating  
communities. The first price is for all others.
- Any person with a disability needing special accommodations to participate  
should contact the rec office two weeks prior to the activity.

## CREATE YOUR OWN ACCOUNT AND REGISTER ONLINE!

Don't forget, ActiveNet gives more options to you! This web-based  
software allows you to:

- view activities with real-time information such as spaces  
available and other details,
- create and update your own account,
- view your (and your family's) participation calendar and history,
- access a custom listing of the dates of your activity,
- enroll online, including adding your name to a waiting list.

Please be aware that a convenience fee (7.31% + \$0.50) is added to  
online enrollments, except for additions to a waiting list.

Find out how easy it is to create your account and register online.  
Get started at [www.westshorerec.org](http://www.westshorerec.org).

Remember, Registration begins January 4th. Enroll Early!

SECTIONS = A, B, C, D, E, etc. • LEVELS = 1, 2, 3, I, II, etc.

## REGISTRATION FORM

Activity \_\_\_\_\_ Section or  
Level \_\_\_\_\_ Fee \_\_\_\_\_

Time \_\_\_\_\_ Location \_\_\_\_\_

Activity Starting Date \_\_\_\_\_

1) Participant Name \_\_\_\_\_ gender \* \_\_\_\_\_

2) Additional Name \_\_\_\_\_ gender \* \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Borough or township\* \_\_\_\_\_

Phone: Home\* \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Date(s) of Birth\* 1) \_\_\_\_\_ 2) \_\_\_\_\_

Parent or Guardian \_\_\_\_\_

Parent Birthdate (to create account) \_\_\_\_\_

Credit Card No. \_\_\_\_\_

Exp. Date \_\_\_\_\_ CSV Code (on back of card) \_\_\_\_\_

Signature \_\_\_\_\_

(\* - required information) • **please write legibly!**



## OTHER INFORMATION

### REFUND POLICY

A refund for any multi-session program will gladly be issued for any reason  
as long as you contact the office prior to the second class unless stated  
otherwise. After the second class, no refund will be given. A \$5 administrative  
fee will be deducted from the refund. Refunds for one-day activities are not  
possible after the event has taken place. Call during office hours; e-mail  
requests will not be accepted. All trip refunds are subject to a \$10 per person  
administrative fee.

### CANCELLATIONS

- West Shore Rec reserves the right to cancel any program due to insufficient  
registration. A full refund will be given. Online convenience fees will be  
refunded as a credit on account for future enrollments.
- Cancellations for trips have different requirements, please refer to Trip  
Information Box on the Trips page.
- Inclement weather cancellations may prompt the rec office to cancel a  
program. If possible the session will be made up at another date. If in doubt  
call the office after 4:00 pm.

### RETURNED CHECKS

Any checks returned for insufficient funds will be assessed an  
additional amount of \$20 for each check.

## PARTICIPATION LIABILITY

By voluntarily enrolling in any activity offered by the Commission, each  
individual (or the parent/guardian) agrees that West Shore Recreation  
Commission and its partners assume no responsibility for accident or injury  
sustained while participating in the activity. Each participant agrees to provide  
his own medical coverage and take responsibility for participating only in those  
activities appropriate for his personal health status. A complete statement of  
liability is available at [www.westshorerec.org](http://www.westshorerec.org) on the Information page.



West Shore Recreation Commission  
P.O. Box 413  
Lewisberry, PA 17339

Presorted Standard  
U.S. Postage  
**PAID**  
Mechanicsburg, PA 17055  
Permit No. 84

## BOARD OF REPRESENTATIVES

- John Minito • Fairview Township
- Don Wilt • Goldsboro Borough
- John Leverentz • Lemoyne Borough
- Wayne Branyan • Lewisberry Borough
- Edward Black • Lower Allen Township
- Chad Wilson • New Cumberland Borough

## ADMINISTRATIVE STAFF

- Eric Stauffer, CPRP • Recreation Manager
- Todd Miller, CPRP • Senior Program Coordinator
- Janell Winebrenner • Customer Service Representative
- Sandra Farcht • Customer Service Representative

**\*\*ECRWSEDDM\*\***  
**Postal Customer**

## FOLLOW WEST SHORE REC ON FACEBOOK AND TWITTER!



facebook.com/WestShoreRec  
twitter.com/WestShoreRec

## WEST SHORE REC ON THE WEB

Visit [www.westshorerec.org](http://www.westshorerec.org) for youth sports organization contacts, online registration, directions to program facilities, helpful links, and additional information on the programs in this brochure.

*The opinions expressed here are those of West Shore Recreation Commission and do not necessarily reflect the views of the West Shore School District. Distribution of information and/or display of material does not constitute endorsement of any product, service, organization, company, information provider, or content by the District.*

★ **NEW IN** ★  
**2023!**

Here's a sampling of some new additions  
for Winter/Spring!

- Free Fitness Sampler
- Military Monday Madness
- Beginner Baton Twirling
- Parent & Me Game Night
- Family Night Out – STEAM Battles
- Mom & Me Maker's Workshop
- Snapology Easter Workshop
- School Holiday Workshops
- Food & Wine of Niagara Falls
- Mountains, Music & Mayberry

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